



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2008/2009
INSTITUTE OF OPEN LEARNING
EXAMINATION FOR THE DEGREE OF MASTER OF EDUCATION

GCD 501: THEORIES OF COUNSELLING AND PSYCHOTHERAPY

DATE: TUESDAY 6TH JANUARY 2009 TIME: 8.00 A.M. – 10.00 A.M.

INSTRUCTIONS

- Write your registration number in every booklet you use.
- Answer all the questions.

- 1
 - a) State and explain 4 roles played by theories in counselling and psychotherapy. (8 marks)
 - b) ‘Theories are not static but dynamic’. Explain the statement and illustrate your response with one example. (7 marks)
 - c) Briefly explain Freud’s Psychosexual stages of human development. (15 marks)
2.
 - a) Summarize the three Ego states proposed by Eric Berne in Transactional Analysis. (6 marks)
 - b) Explain the four life positions proposed in Transactional analysis and distinguish what you would consider a healthy position to take. (8 marks)
 - c) State and explain three counselling goals in Transactional analysis. (6 marks)

3. a) State and explain, giving one example of each, five irrational ideas that characterize Westerners according to Ellis. (10 marks)
- b) Using the goals of RET, describe how you would counsel a person who has AIDS who made the following remarks about him/herself:
- “I have no future”
 - “Nobody loves me any more”
 - It were better if I died”
- (10 marks)

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